



Take Control Of Your Life With Hypnosis:

Eliminate negative habits; Create healthy changes; Achieve optimal well-being.

Hi Everyone! Here is the 19th issue of the Hypno-Healthgram. You can access previous issues on the Newsletter page of my website: www.hypno-health.net

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WHY WORRY?

In this life there are only two things to worry about.
Either you will be rich or poor.

If you are rich, there is nothing to worry about.
If you are poor, there are only two things to worry about.

Either you will be healthy or sick.
If you are healthy, there is nothing to worry about.

If you are sick, there are only two things to worry about.
Either you will live or you will die.

If you live, there is nothing to worry about.
If you die, there are only two things to worry about.

You will either go to heaven or to hell.
If you go to heaven, there will be nothing to worry about.

If you go to hell, you'll be so darn busy shaking hands with
all your friends, you won't have time to worry!

SO WHY WORRY?

(Author unknown)

Before we define worry, let's get an overall idea of what it is, and isn't, by looking at its synonyms and antonyms. Synonyms: anguish, annoyance, apprehension, disquiet, distress, disturbance, doubt, fear, irritation, misery, problem, torment, torture, uncertainty, uneasiness, vexation, woe. Antonyms: calmness, reassurance, confidence, assurance, ease, peaceful, serene, tranquil.[1] "Worry is thoughts, images and emotions of a negative nature in which attempts are made to avoid anticipated potential threats." [2]

Most people experience occasional worry without being affected by it, especially if it helps them be cautious about something - like wearing seatbelts, or avoid risky situations - like driving in a blinding snowstorm. Some people worry about an existing challenge, like paying the rent or

mortgage. Others may worry about imaginary problems beginning with "what if." Some people worry about illnesses, calamities and natural disasters that might or might not happen. But putting energy into worrying about things increases stress, tension and dis-ease, serves no useful purpose, and wastes time that could be used for positive things.

Excessive, or chronic, worry is the most dangerous kind and can become a factor in generalized anxiety disorder, which is defined as: "a pattern of frequent, constant worry and anxiety over many different activities and events." [3] The negative self-talk that is often part of chronic worry, distracts us from focusing on the problem at hand, can paralyze us into inaction, and also define who we are. Dr. Edward Hallowell, psychiatrist and author of *Worry*, argues that "this anticipatory and dangerous worry (which he calls 'toxic worry') can be harmful to our mental and physical health." [4]

Worry, even obsessive worry, can be resolved by hypnosis. By identifying the underlying issues and patterns in your subconscious mind, you can melt away your worries and replace them with the positive benefits of being worry-free. The more you experience that, the more you automatically enjoy it.! Rather than being anxious and stressed, you become relaxed, calm and peaceful and believe you can handle any situation in a confident, comfortable, satisfying way. You become more optimistic, positive, and free from worry's obstacles and roadblocks.

A Salada Tea Tagline reads: "Worry is interest paid on trouble before it falls due." [5] But some people, like Vince Wilfork, nose tackle for the New England Patriots football team, develop a healthy attitude about worry. He says: "I don't dwell over petty stuff much. I just shrug off stuff. I try to be stress-free. You can't be stressed out all the time. You can't kill yourself worrying about stuff weeks from now." [6]

We all have the choice to worry or not worry. But if worry controls and/or overwhelms you, there is one recognized way of eliminating it for good. "You may be at that point in your life, as you read this, where you know it is time for you to change the way you have been responding to stress, worry and anxiety-causing situations. The process to take control can start today with hypnosis. Today you can decide to make the positive, productive changes necessary to release and stop attracting negative energy and events, while beginning to focus on positive energy and greater outcomes you deserve." [7]

[1] www.thesarus.com/browse/worry

[2] en.wikipedia.org/wiki/worry

[3] www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001915/

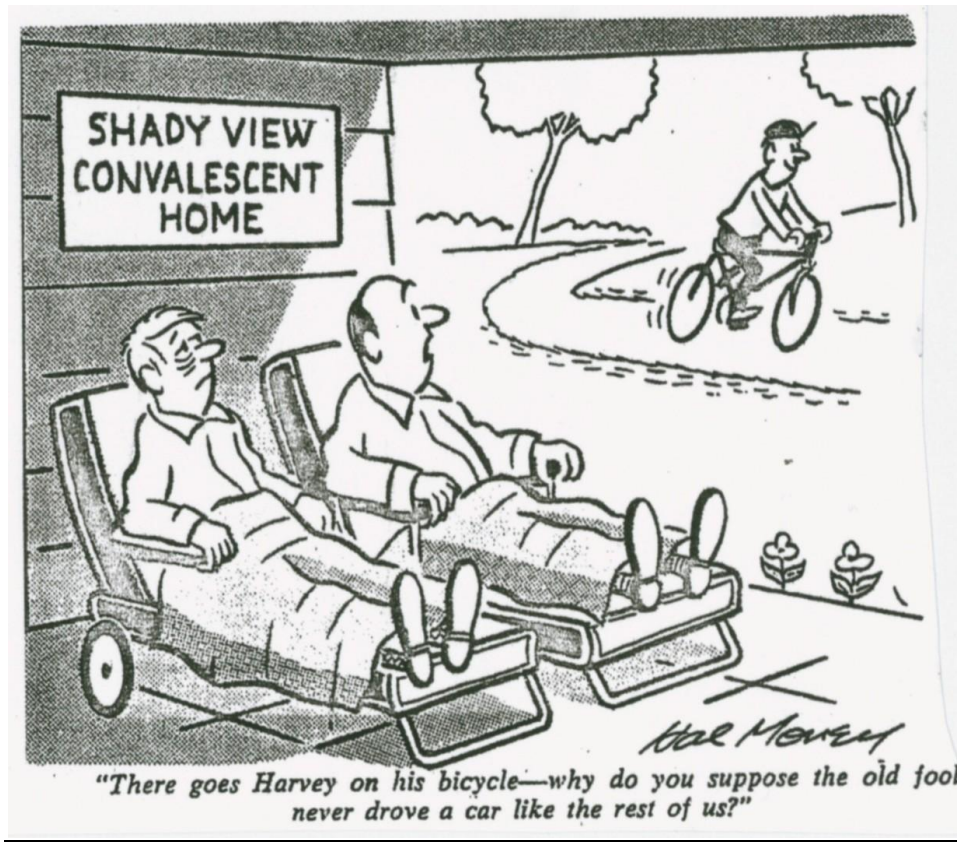
[4] en.wikipedia.org/wiki/worry

[5] www.greentea.com/saladahistory.aspx

[6] www.bostonherald.com/Sunday, April 15, 2012. p. B14

[7] www.valleysidehypnosis.com/Hypnosisworry.htm

HEALTH TIPS



Happy Health!
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Remember: *Hypnosis can be done in the office, by phone, and via Skype.*